



Spiked Weekend Smoothie



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup ice cream frozen
- ☐ 4 servings orange wedges for garnish
- ☐ 0.8 cup orange juice freshly squeezed
- ☐ 2 tablespoons orange liqueur
- ☐ 0.5 teaspoon orange zest
- ☐ 8 large strawberries frozen trimmed halved
- ☐ 1 tablespoon sugar sweet

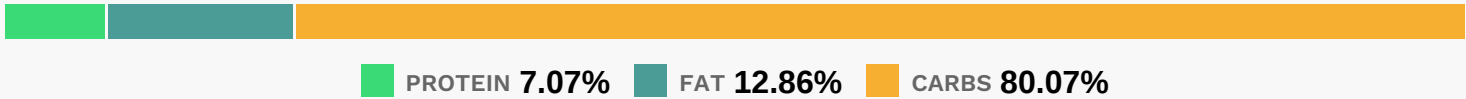
Equipment

☐ blender

Directions

- ☐ In a blender, combine frozen strawberries, orange juice, and orange zest. Pulse to coarsely chop.
- ☐ Add orange liqueur, frozen yogurt, and sugar. Continue to blend until smooth and frothy. Divide between 4 small glasses and garnish with an orange wedge and serve.

Nutrition Facts



Properties

Glycemic Index:51.15, Glycemic Load:9.38, Inflammation Score:-7, Nutrition Score:10.320434745887%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 30.08mg, Hesperetin: 30.08mg, Hesperetin: 30.08mg, Hesperetin: 30.08mg Naringenin: 14.92mg, Naringenin: 14.92mg, Naringenin: 14.92mg, Naringenin: 14.92mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 172.64kcal (8.63%), Fat: 2.41g (3.71%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 30.42g (11.06%), Sugar: 29.01g (32.23%), Cholesterol: 0.72mg (0.24%), Sodium: 32.96mg (1.43%), Alcohol: 1.95g (100%), Alcohol %: 1.04% (100%), Protein: 2.98g (5.97%), Vitamin C: 103.51mg (125.47%), Folate: 56.15µg (14.04%), Fiber: 3.36g (13.44%), Manganese: 0.24mg (12.16%), Potassium: 417.32mg (11.92%), Calcium: 101.74mg (10.17%), Vitamin B1: 0.15mg (9.8%), Vitamin B2: 0.14mg (8.48%), Phosphorus: 80.41mg (8.04%), Vitamin A: 379.35IU (7.59%), Magnesium: 26.45mg (6.61%), Vitamin B6: 0.13mg (6.36%), Vitamin B5: 0.61mg (6.14%), Copper:

0.1mg (5.24%), Vitamin B3: 0.76mg (3.82%), Iron: 0.52mg (2.89%), Selenium: 1.94µg (2.78%), Vitamin E: 0.38mg (2.52%), Zinc: 0.32mg (2.11%), Vitamin B12: 0.1µg (1.74%), Vitamin K: 1.34µg (1.28%)